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Local roller derby
team brings spotlight
to sport
Gull Life, Page 6



Women's soccer
suffers OT loss
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THE FLYER

Vol. 38, Issue 6

Salisbury University's Student Voice

October 12, 2010



Sea Gull Century attracts over 8,000 riders

Participants in the Sea Gull Century approach the finish line after cycling their routes along the Lower Shore. There were 8,140 bicyclists in this year's ride, which took place Oct. 9. Riders could choose between the traditional Sea Gull Century, the Snow Hill Century and the Princess Anne Metric.

By Chris Franklin
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Amid the 8,140 riders of Salisbury's 22nd annual Sea Gull Century bike ride were a wide range of participants, including students, instructors, a 6-year-old boy from Bethesda and an 80-year-old man from Arnold.

There was also lots of variety in where cyclists in the Oct. 9 ride hailed from.

"The event brings people all the way from California and Hawaii as well as Canada and the Virgin Islands," said Graduate Assistant for Sea Gull Century Erin Matonak, who works in the Office of University Advancement.

The event also has an estimated economic impact of \$2.5 million on the Lower Eastern Shore, according to a press release on the SU website.

An additional course was

added this year to compensate for the large influx of riders.

According to Amy Waters, coordinator of the Sea Gull Century, the new course, the Snow Hill Century, was "introduced about nine months ago during the planning stages of the ride, [and] about 1,200 participants signed up for it. It goes south towards the Bay but like the other routes, offers beautiful scenic views. Two

rest stops were also introduced for the new route; they were being handled by student volunteer groups and various civic groups."

The traditional Sea Gull Century route heads towards Assateague Island and hosts the majority of riders, and attracted approximately 5,600 riders this year.

Riders looking to do 64 miles could sign up for the

See CENTURY Pg. 3

Dudley-Eshbach celebrated for her ten years as SU president

By Amanda Biederman
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On the fitting date of 10/10/10, SU and the surrounding community celebrated the achievements during the past 10 years under the leadership of President Janet Dudley-Eshbach, Ph.D.

A ceremony for her Decade of Distinction was held in the Bistro area of The Commons.

Dr. Rosemary Thomas, vice president of University Advancement, said that the event was an "informal celebration" for Dudley-Eshbach's achievements.

"We're not here for a formal ceremony, but just to visit for a relaxed afternoon," Thomas said.

The program comprised 10 individuals who came up to speak on SU's progress in the past 10 years. Interfraternity Council President and former SGA President Pat Gotham spoke first, and following him was Seidel School faculty member Dr. Laura Marasco.

Next was Director of Multicultural Student Services Vaughn White, and after him, SU alumnus Julius Jones and Athletic Director Dr. Mike Vienna shared their remarks.

Professor Emeritus of history Dr. Donald Whaley, former Alumni Association president Duke Marshall, SU Foundation chairman Henry Hanna and University System of Maryland Chancellor William Kirwan also spoke.

Each speaker explained how Dudley-Eshbach has affected their lives and described her vital impact on SU in academics, athletics, construction and international studies.

Dudley-Eshbach was the tenth and final speaker in the program.

Gotham noted that Dudley-Eshbach has always encouraged students to take an active role in the campus community. He explained that the Sea Gull Square construction project was largely pushed by the students themselves.

"[With Dr. Janet,] change on this campus can be student-driven," Gotham said.

He also stated that Dudley-Eshbach has always been involved in campus activities, such as the Sea Gull Century last weekend.

"Many SU students see Dr. Janet as not only a leader, but a participant... [and] she encourages us to be involved on campus and in the community," Gotham said.

Vienna described the impact that Dudley-Eshbach has had on SU's athletic program.

"[Dr. Janet] is an avid supporter of students, particularly with regards to athletics," Vienna said. "She encourages athletes to succeed on the field and in the classroom."

He added that Dudley-Eshbach has put effort toward improving SU's athletic facilities. Vienna explained that she has worked to update SU's fields, opened the University Fitness Club, and developed a commu-

See DECADE Pg. 2

Homecoming gets Gulls squawking

By Mia Gilstrap
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For one of the most anticipated events of the year, alumni return to see Salisbury's progress and see old friends, and current students enjoy homecoming week's

festivities that lead up to Saturday's football game.

Some students have a favorite event.

"My favorite part is usually the football game, and then the after party," said sophomore LaKiesha Watson. "It's good when we win because everyone at the party usually has more fun. But I also

enjoy the buffalo wing-eating contest. It's funny to see people's faces as they realize how hot the wings are."

This year will incorporate old favorite events with new ones.

"SU's SGA has worked very hard on making this homecoming a success," said Emma Lewis, SGA vice

president of University Affairs. "Homecoming is truly a group effort. Each executive member picks an event and plans it all out. They coordinate meetings with different faculty and staff members, plan the run down

See HOME COMING Pg. 3

SU celebrates disability awareness

By Diana Dwyer
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Throughout October, Disability History & Awareness Month is recognized statewide to break free from the stigma tied to disabilities. SU developed a series of events throughout the month to highlight issues associated with them, such as social barriers and the employment process.

"We want to raise awareness that relates to all of us as members of society [and promote] the inclusion of people with disabilities on campus," said Nikki Dyer, disabilities coordinator. "Folks with disabilities have a unique, rich, special culture that's valuable to us all."

Disabilities come in many forms and have a global presence. According to DoSomething.com, there are about 600 million recognized and reported people in the world who "experience disabilities of various types and degrees."

Although disabilities directly affect an

enormous population, people with disabilities are still widely discriminated against.

"We've come a long way, but there are [still] groups people don't realize are discriminated against," said Charlie Endicott, associate director of Career Services.

Endicott led a "Discrimination Does NOT Discriminate!" workshop on Oct. 6, focusing on ways in which discrimination can be addressed in the job search process. He listed three layers of discrimination: discrimination as a part of daily living for making choices and surviving, discrimination that is not good but the person does not know better, and "bad discrimination" when the intent is malicious or to hurt.

"Everyone has feelings on discrimination," Endicott said. "We go through it on a daily basis."

Endicott said that being a part of a "protected class" is not necessarily as good as the name implies. A protected class is when "you are discriminated

against just because you are a member of a particular group," Endicott said, such as a certain gender, ethnicity or sexual orientation.

"None of us are immune to questions that can or cannot be asked," Dyer said of questions that may be raised in a job interview.

To organize the month's activities, the Disability Month committee worked over the summer. Members include faculty Gwen Beegle, Gail Sarnis, Provost project manager Tammy Gharbi, Interim Chief Diversity Officer Linda Morales, students Christine Wesseling, Stephanie Hallowell, graduate assistant Natalie Banwarth and Administrative Assistant to the Office of Diversity Clacie Hubbard.

"The poster series, to me, are extremely important," Hubbard said. "They capture a glimpse of history for individuals to get a greater sense of perception and support of individuals

See DISABILITIES Pg. 2



Adrienne Price photo
USM Chancellor William Kirwan, President Janet Dudley-Eshbach, and her son Joe Eshbach gather for the Decade of Distinction celebration on 10/10/10.

Successful educator speaks for Riall lecture

By Mary Capper
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An educator with revolutionary ideas, Deborah W. Meier came to SU on Oct. 5 as a E. Pauline Riall lecturer to share her experiences both inside and outside of the classroom.

Meier began her education career as a substitute teacher in East Harlem to supplement her husband's salary. However, she soon found out that subbing

was no easy feat and instead switched to teaching a morning kindergarten class.

This still proved to be a challenge, as Meier said, "I was never interested in young children besides my own. When someone asked me to come early to play with their children I would purposefully come late."

Meier's opinion on children soon changed once she started interacting with the kinder-

See RIALL Pg. 3

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Briefly Stated

Thursday, Oct. 14
Film: "El secreto de sus ojos"
The film "El secreto de sus ojos" will be shown as part of Latino Heritage Month at 7 p.m. on Thursday, Oct. 14 in Henson 103. Set in Buenos Aires in 1999 and with flashbacks to the "Dirty War" era of the 1970s, this film won the Oscar for Best Foreign Language Film.

Thursday, Oct. 14
Scarf sale at Battle of the Bands
Students from Mrs. Morris' marketing class will be selling hand-dyed silk scarves for \$30 on the patio outside the Wisconsin Room from 4 to 7 p.m. on Thursday, Oct. 14 to benefit the new Perdue School Building and the local charity Women Supporting Women. October is Breast Cancer Awareness Month so 25 percent of the donations will go to Women Supporting Women.

Friday, Oct. 15
3D Animation Workshop, Motion Graphics Festival 2010
Internationally acclaimed 3D-animation artist Dr. Sassi teaches Sinema 4D software in an all-day workshop on Friday, Oct. 15 from 9 a.m. — 4 p.m. in TETC 352. Limited seating is available. Email pdpoc@salisbury.edu to reserve a spot.

Sunday, Oct. 17
Ballet Folklorico
The acclaimed troupe Ballet Folklorico "Quezalli" de Veracruz performs at 7 p.m. Sunday, Oct. 17 in Holloway Hall Auditorium. The event is the culmination of SU's Latino Heritage Month celebration. The public is invited and admission is free, but tickets are required. A limit of two tickets per person are available at the Info Desk of the CUC. Call 410-543-6271 for more information.

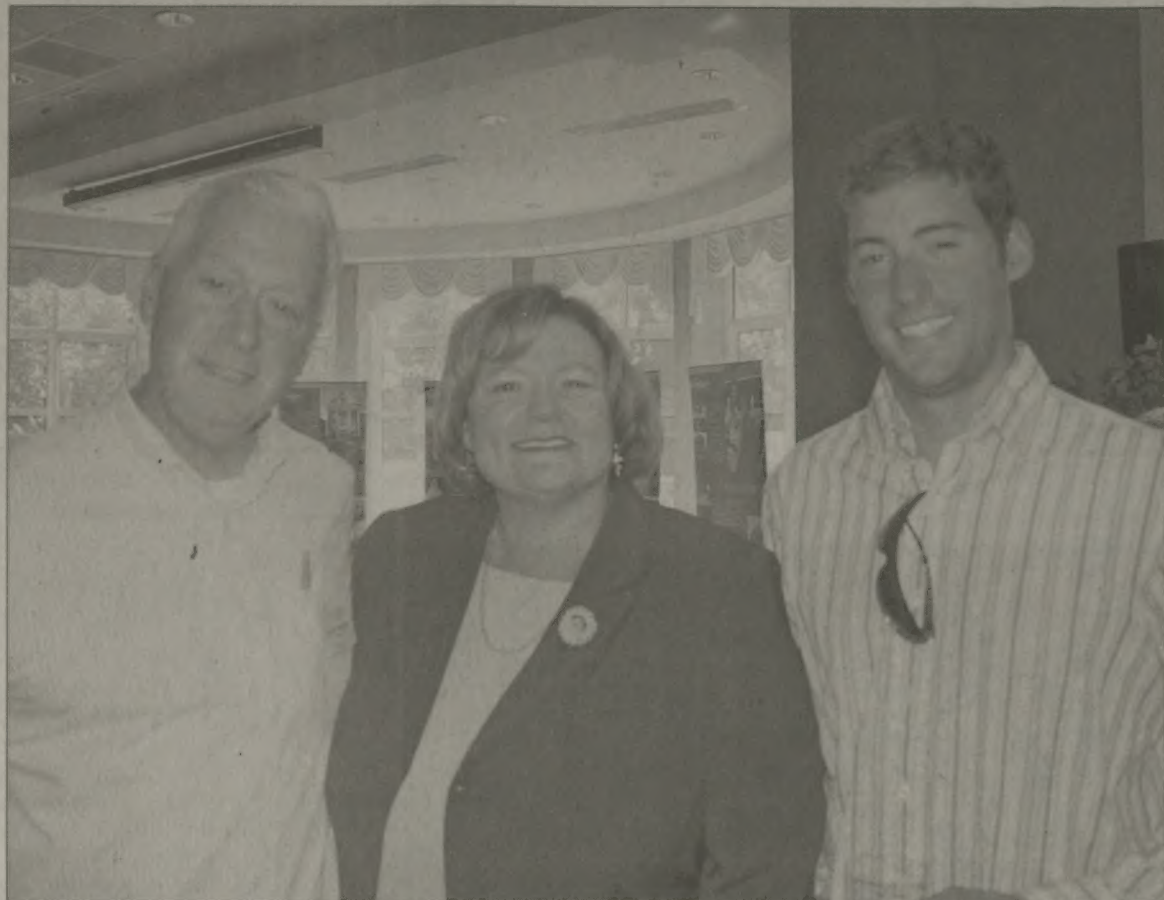
Sunday, Oct. 20 to Friday, Oct. 29
December grads should place cap and gown orders

Seniors planning to participate in the December Commencement ceremony should visit the Bookstore between Wednesday to the next Friday, Oct. 20-29 to order their caps and gowns. The first three days are "Grad Fair at the Bookstore" on Wednesday to Friday, Oct. 20-22. Bookstore hours on Wednesday and Thursday are 9 a.m.-6 p.m. and on Friday 9 a.m.-4 p.m. This three-day fair allows students to place orders for nursing pins, caps and gowns (NOTE: There is no charge for caps and gowns. A representative is available for custom cap/gown fitting). Students may also order announcements, diploma frames and rings at this time. For questions about orders, call 410-543-6086. The last day to order cap/gown is Oct. 29.

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A Decade of Distinction



Dr. Janet Dudley-Eshbach celebrates 10 years as president of SU on Oct. 10 in *The Commons* with faculty, staff, students and family. Here she is shown with Joe Ollinger, part-time adjunct professor in the Perdue School of Business and candidate for Wicomico County Executive, and her son Joe Eshbach.

Decade

Continued from Pg. 1

nity wellness program. He then noted SU's recent athletic achievements, noting several team championship awards and individual athlete distinctions.

Yet Dudley-Eshbach remained very modest. "I'd like to think that this gathering is not about me, but about Salisbury University and what a great place that this is to be," Dudley-Eshbach said. She reflected on her experiences over the past 10 years, thanking the

people who have helped her along the way, and giving insight to what she has learned throughout the years. Dudley-Eshbach then announced that in honor of her ten years at SU, she has created a \$10,000 scholarship for students who are majoring in Spanish or Latin American studies and want to study in a Spanish-speaking Latin American country. This scholarship will be awarded next fall.

Dudley-Eshbach also added that she plans to continue moving ahead with new projects, such as a new fine arts facility and library.

"[I plan] to put renewed emphasis on the people who are Salisbury University," Dudley-Eshbach said. "So we need better compensation for faculty and staff, and we need to continue to provide a positive academic environment for students."

Mayor Jim Ireton was present at the ceremony and declared Oct. 10, 2010 to be "Dr. Janet Dudley-Eshbach Day" in the city of Salisbury. County Executive Rick Pollitt also named the date in her honor in Wicomico County.

Fruit flies find home in Salisbury

By Mary Capper
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Once again, Salisbury appears to have an abundance of small buzzing creatures all around the campus in the form of fruit flies. Dorms and apartments alike seem to be taken over by the small pests, and once one is found more seem to come and join the first almost immediately.

Nick Perry, a freshman living in Manokin Hall, is one among many bothered students. "I hate them, they're annoying," Perry said. "There are not a lot of them, but enough of them to be a problem."

David Eberius, a freshman also living in Manokin Hall, suggested food as a possible cause for the sudden invasion.

"I noticed that after some of my friends brought smoothies into their dorm room they received a lot of fruit flies, where before they

may have had a stray one every now and then," Eberius said. "But after the smoothies they were suddenly overrun by them."

Eberius also mentioned garbage as a problem.

"Even when they thought all of the flies were vanquished from the room they would open the trash bag for a second and a small swarm would burst out from the remnants of the discarded smoothie container," he said.

Debbie Bailey, director of SU's Physical Plant said, "Avoid food in trash cans, you can't spray for them, so that's about the only thing you can do."

The fruit flies aren't only attacking on campus. They have also found places to reside off campus, including nearby apartment complexes.

Although some students find the fruit flies to be a nuisance, others are not fazed.

"It's not that big of an issue. I just don't let them bother me," said

April Katsirubas, a resident in University Village. "It really just depends on who you are."

University Park resident Kelly Mundle had similar sentiments. "If you minimize the food waste, fruit flies have no reason to be in your apartment," she said.

Waiting for the temperature to change and be the silent killer is one possible solution for a fruit fly problem. However, there are faster ways to get rid of the pests.

According to kkg.org, setting up bowls with some combination of apple cider vinegar and liquid dish soap in choice locations will attract the flies so they can become trapped. Traditional solutions include the standard fly traps such as fly paper and fly swatters.

Although it appears to be a problem for some students, not many complaints have been reported.

"There have only two or three calls from residence halls," Bailey said. "There are no more this year than any other year."

Crime Beat

10/4/10
2:30 p.m. — 2:45 p.m.
Malicious Destruction of Property
Witness reported two subjects throwing rocks near the railroad tracks west of the intramural fields. A Salisbury University owned vehicle was damaged. The case is under investigation.

10/4/10
11:40 a.m. — 3:45 p.m.
Malicious Destruction of Property
A complainant reported that his vehicle was damaged while parked in the University Parking Garage. Damage to vehicle was related to an earlier reported incident. The case is under investigation.

10/4/10
6:15 p.m.
CDS (drug violation)
Officers responded to the Parking Garage in regards to CDS (Controlled Dangerous Substance) activity. Students were found in possession of CDS. A copy of the report was forwarded to Student Affairs. Criminal charges are pending.

10/6/10
11:35 a.m. — 12:05 p.m.
Warrant Service
University Police served an active arrest warrant on a student.

10/7/10
2:14 p.m. — 2:35 p.m.
Trespassing
Trespassing subject reported in the area of Henson Hall. Subject located and arrested for trespassing on University property.

10/7/10
10:50 p.m.
Malicious Destruction of Property
Subjects reportedly drove a vehicle through the intramural fields, causing property damage. The case is under investigation.

10/8/10
1:51 a.m.
Disorderly Conduct
A Resident Assistant reported a disorderly student in Chester Hall. University Police located the student. The report has been forwarded to Student Affairs.

10/8/10
1:20 a.m.
Malicious Destruction of Property
The sign located outside Severn Hall was reportedly damaged. The case is under investigation.

Disabilities

Continued from Pg. 1

with disabilities. Someone can learn very briefly and quickly. It's very engaging. . . and it really supports individuals with disabilities to bring awareness."

Although knowledge and understanding of individuals with disabilities can prevent prejudice, students who feel discriminated against have support across different departments. "Students need to know they have resources that will lead them to the right people," Endicott said.

Student Disability Support Services accommodates students with disabilities such as medical, learning and psychiatric disabilities, as well as mobility and hearing impairments.

After providing documentation, "We look to best determine changes in environment to suit students' needs and [give them] full access to educational opportunities we have here at SU," Dyer said.

Disabilities affect the lives of those who have them and everyone around them.

"We feel strongly that disabilities touch all our lives," Dyer said. "It's time to move toward embracing people with disabilities. Rather than look at disabilities as sicknesses, illnesses, deficiencies, or something to be ashamed of, we can move toward realizing [disabilities] as a part of people's identities. We hope people walk away from our events with a new perspective of life toward people with disabilities."

Disability Awareness Events

Throughout October
"Disability as a Dimension of Diversity" poster series in Fireside Lounge

"The Evolution of Social Perceptions of People with Disabilities" and "People with Disabilities and the Holocaust" poster series in the Link of Nations

Tuesday, Oct. 12
"Maryland's Shame: Segregated Places, Segregated Schools and Segregated Lives?" lecture by Rachel London from 3:30 p.m. — 4:45 p.m. in the Wisconsin Room.

Wednesday, Oct. 21
"Freedom, Equality and Justice For All" film and discussion from 6:30 p.m. — 8 p.m. in the Nanticoke Room.

Thursday, Oct. 28
"Temple Grandin" film screening from 7 p.m. — 9:30 p.m. in TETC 153.



SU Education Club members Katherine Fitzpatrick, Shane Clingerman, Deanna Marshall, Aundrea Atwood, Cari Cheelsman and Cassidy Bouis create art during homecoming banner painting Oct. 5.

Homecoming

Continued from Pg. 1

of the event, and work with student activities to make sure every student who attends has a great time. Our senators also play a big role in each event by helping with everything from contacting different RSOs, calling for donations, and decorating the venue."

This year's homecoming week will include a pep rally, pageant, game night, battle of the bands, a wing-eating contest, and a block party. A new event for this year is Gullfactor, a game show in which contestants face their fears through different challenges.

SGA is not the only campus group making sure homecoming will be eventful. SU's Alumni association has planned a fun filled, informative

weekend for SU graduates.

Alumni Director Jayme Block understands the significance of alumni returning to Salisbury.

"Alumni love this place," Block said. "Salisbury is changing so much and they come back to see the changes. When they see the direction the school is going in, they feel great."

Some of the alumni events include the Varsity Club-sponsored golf

Mikulski and Wargotz vie for Senate seat

By Janyla Williams
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For the position of United States Senator, voters will choose between Democratic incumbent Senator Barbara Mikulski's seniority and a new direction with Republican candidate Dr. Eric Wargotz.

Mikulski is a recognizable name in Maryland due to her 39 years in public office. She has been a senator since 1986 and has an extensive legislative record which includes many issues relevant to students.

"Each year in the Senate, I stand up for college students," Mikulski said.

In 2007, Mikulski voted for a provision that would allow public service workers, including nurses,

social workers, and teachers, to have their loan-debt forgiven after 10 years of service. Because of the health care reform, students 26 years old and under can remain under their parents' health insurance coverage.

Mikulski created the TEACH Grant, which would give college students a \$4,000 a year stipend for teaching in public schools. Currently, she is working to increase Pell grants from \$4,731 to \$9,462 per year.

"I don't want students and families having to make the decision of whether or not to go to college based entirely on the cost of tuition," Mikulski said.

The biggest nightmare for Wargotz, he says, is a Senate full of what he calls "career politicians."

"It's important that people understand the differences between

me and my opponent," Wargotz said. "Senator Mikulski has taken millions of dollars from special interests that don't have the best interests of Maryland at heart. She is simply out of touch with her constituents."

Wargotz said that his public service experience as a doctor of pathology enables him to be in touch with the needs of Maryland citizens. He was also president of the Queen Anne's County Commission.

Wargotz's primary issues are health care, job creation and reigning in government spending. Although higher education is not one of his primary issues, he is concerned with the future that college students will face.

"Unless we take steps now to move toward balancing our budget we will face disastrous economic

consequences, consequences that will be especially difficult for our youth as they set out on their careers," he said.

While Wargotz has a lot of confidence in his abilities and vision, Mikulski is the projected winner, based on an Oct. 3 article on the Washington Post website. Still, Wargotz is not intimidated.

"What we lack in funding, we more than make up for with our volunteers and grassroots supporters," Wargotz said. "College students are a big part of that effort. . . I believe our campaign embodies the spirit and energy that college students bring to the table."

For more information on Senator Barbara Mikulski, visit <http://mikulski.senate.gov> and for more information on Dr. Eric Wargotz, visit <http://wargotz-forussenate.org/>

ride." For many cyclists the ride was an opportunity to contribute to the community as well as various causes and fundraising opportunities.

There were over 200 individuals riding with teams to raise money for health causes such as Alzheimer's, cancer, and leukemia. Habitat for Humanity is another beneficiary of the event.

According to Matonak, "Thousands of dollars were raised for the Salisbury University Scholarship Fund."

Salisbury University will also celebrate Oktoberfest by serving a traditional German meal on Saturday, Oct. 16 in the Bistro, located in The Commons.

German Club to hold 38th annual Oktoberfest

By Amanda Biederman
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German Club is bringing Oktoberfest, the world's largest festival, down to Salisbury scale for its 38th annual celebration at SU from 11 a.m. to 3 p.m. on Wed. Oct. 13 on the Fulton lawn.

Originally celebrated in honor of a royal wedding on Oct. 12, 1810, Oktoberfest is now the largest festival in the world, with seven million celebrants every year. This is the 200th anniversary of Oktoberfest. It is a traditional celebration of German history and culture.

"It is a huge part of German life," said Klaudia Thompson, German Club advisor. "This is our mini-version [at SU]."

Thompson noted that Oktoberfest is celebrated all over the world "in some form or another." In fact, Oktoberfest festivals are held annually in Crisfield, Ocean City and Baltimore.

"Everyone has their own unique version that is reminiscent of the original," Thompson said.

Thompson described Oktoberfest as "a brief introduction to what German culture is all about." The event at SU will include traditional German food, music, games, karaoke, cotton candy, and an inflatable obstacle course. There will be opportunities to win various prizes such as an iPod and supply of free textbooks for one semester.

"Oktoberfest is unlike any other event that [SU] does, and we hold it on campus every year to help students understand what German culture is all about," said club president Sarah Linzey.

The event will feature tables from various SU clubs as well as vendors from the community.

"It's fun. . . There are a ton of clubs who have their own activities going on and this is a great opportunity for everyone to come together and for students to experience other clubs as well [as German club]," Linzey said.

Freshman Tom Parrish said he is very excited for this event.

"The food and the German atmosphere seems like a good way to get into the fall mood," Parrish said. "It really seems like it would be a lot of fun."

Traditionally, Oktoberfest is often known as a "beer festival." At SU, the event will be more focused on the food, games, and culture. However, beer will be served in a separate area to students over the age of 21. Strict precautions will be taken; to enter this area students must present their Gull Card and driver's license and will be allowed to purchase a maximum of two drinks.

SU Dining Services will also celebrate Oktoberfest by serving a traditional German meal on Saturday, Oct. 16 in the Bistro, located in The Commons.

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Oct. 11-15

Perdue pre-professional students sign up online for group scheduling sessions

Fulton, Henson, Seidel, and Undecided students check with your advisor to determine how you should sign up for an appointment (online, on office door, etc.)

Riall

Continued from Pg. 1

garten students. Teaching immediately showed Meier something she had never seen before. She said she found children were capable of much more than they were given credit for, and they have a general amazement in them that adults lack.

"Children have a long attention span that seems to get shorter as they get older," Meier said. "When children find something that intrigues them, they get invested and won't leave."

Being a kindergarten teacher was only the beginning for Meier; from there she began opening schools to further push her ideas into more schools. The first school she helped was expanding a school from just four kindergarten classes to pre-kindergarten up to second grade.

The superintendent caught sight of this and encouraged Meier and her colleagues to do even more.

Since then Meier has opened many more schools throughout large cities that have retained high graduation rates, authored several books about education, and is now a senior scholar at New York University's Steinhardt School of Education.

Meier came to Salisbury to be the most recent E. Pauline Riall speaker. The series, which began in 1988, sets out to bring the Salisbury community speakers in the

Deborah W. Meier discusses her experiences in the education field during her E. Pauline Riall lecture on Oct. 5.

field of education. There were two lectures on Oct. 5: one for just the campus and the other for the community at large.

Dr. Gwen Beegle is now in her second year as chair and coordinator of the Riall Lecture Series. "She was really fascinating and inspiring, so that I began reflecting on my own classes," Beegle said of Meier. "The decisions made in a classroom every day are really important to help to make a better teacher-student relationship emerge."

Through the lectures Meier was able to share many anecdotes that showed how much she learned

Oktoberfest dinner

Rhineland Marinated Beef • Wiener Schnitzel with Black Forest Mushroom Sauce • Beer Basted Brats with Caramelized Onions • Potato Pancakes • Potato Salad with Kielbasa • Sauerkraut Balls • Bavarian Red Cabbage • Seasoned Peas • Soft Pretzels • Rye Bread • Pumpernickel Bread • Funnel Cakes (At Gold 'n' Crispy) • Black Forest Trifle Parfait • Apple Dumplings

With entertainment by "Pugsly"

Saturday, October 16 4:30-7:30 p.m. In The Bistro

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Dining Services

Overheard: What would your ideal piñata be filled with?

Photos and article by Kelly Mundle and Adrienne Price



"Candy"

-Robyn Dozier, sophomore



"A mixture of hundred dollar bills and puppies"

-Meagan Dumsha, senior



"Plastic beer and liquor bottles"

-Tom Hood, senior



"Twizzlers. I love Twizzlers, they're like the best."

-Samantha Foley, sophomore



"Money"

-Luke Sohl, freshman

NEW THIS YEAR! How would you answer this question? Text your answer, along with your full name and year, to 646-535-NEWS (6397) for the chance to be featured on our blog!

The Flyer

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An alternative look at the SU smoking ban

All privileges come with responsibility to community

By Zach Grant

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In the midst of this smoking ban fiasco between Salisbury University students, I find myself siding with students who support the ban. I've read enough statistics about the effects of secondhand smoke that I'm glad I no longer have to deal with it when walking across campus. But is a total campus ban just?

One of the comments I had seen on the Salisbury Students Against The Smoking Ban Facebook page was that the ban apparently forces "students to smoke in dangerous areas, [leading to] students getting jumped off campus." A follow-up statement was made about how some on-campus students smoke. So where do they go to smoke?

While I think the former comment is asinine, the latter question makes a good point. I believe a total ban on campus isn't the right way to go. This is because students, faculty and staff technically should have a right to smoke. I think an amendment needs to be made regarding the smoking policy, with the idea that there would be one designated smoking area on campus.

More specifically, I would suggest an "inconvenient area," one located on the outskirts of campus. Smokers might have to go out of their way, but it's better than no place on campus at all. Nonsmokers would know better than to walk near such a location, and smokers wouldn't be forced into the dangerous areas off campus.

So, now you may be wondering, "If that's what you think should happen, why do you support the ban?" Prior to this school year, for as long as I've been an SU student, there had been smoking stations that people were supposed to go to light up. The idea was similar to my suggestion above wherein smokers have designated places to go while

nonsmokers wouldn't have to deal with secondhand smoke.

Unfortunately, this former policy didn't work so well for a variety of reasons. One reason was due to the lack of enforcement. If smokers lit up anywhere outside of their designated stations, there was little (if any) punishment for doing so. This leads to the second reason; students and staff still smoked outside of their specified areas. This lack of enforcement therefore leads me to my third point. Smokers who felt impelled to light up anywhere on campus would upset nonsmokers who didn't want to be exposed to secondhand smoke. Undoubtedly, the number of upset nonsmokers was enough to lead to the current smoking ban on campus.

What about the rights of smokers? Doesn't the smoking ban violate their rights? I don't think it does. While we as citizens of the United States have certain rights, we also have responsibilities that come with those privileges. Randy Pausch once said, "Rights have to come from somewhere, and they come from the community. In return, all of us have a responsibility to the community."

When it comes to smoking, don't you think that smokers should consider how they are affecting the surrounding community? I believe that responsibility must come with the right to smoke, and as far as smoking goes at SU, smokers abused their privilege by not following the former policy. It's no wonder why they are in the situation they're in now. Don't get me wrong, I'm not

solely pointing a finger at SU smokers. While I do feel they should take the majority of the blame, the University itself is also to blame. There should have been stricter bylaws and enforcement of the previous smoking policy. If the punishments for not abiding by the policy were made more obvious to the campus community, perhaps students wouldn't be caught in the middle of this current smoking ban fiasco.

All things considered, I believe students should support an amendment for a majority smoke free campus. The smoking ban is enough of a scare to get smokers to be responsible around who and where they smoke. Hopefully this time around SU will make things right for everyone's sake.

~SUDOKU~
THIS WEEK'S PUZZLE:

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1							3

LAST WEEK'S ANSWER:

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Ms. Advice
Roommate trouble goes both ways

One area of college life has a fifty-fifty chance of containing both fun and laughter: the roommate situation. Who you live with is either a blessing or a curse. But reality shows that it's usually a combination of the two. However, there is a fine line between a roommate who is annoying and an unbearable individual.

So what do you do when you just can't get along with your roommate? First, determine what factors make your roommate annoying or unbearable. If most fit in the annoying category, decide if it's really necessary to say anything. Also, see what you can do on your end to avoid the part of them that frustrates you.

If they're unbearable, pay close attention to how the complicated roommate takes criticism. Some people will think you are out to get them or think you are being picky and critical. If your roommate is not approachable, reconsider how you would normally approach the situation. Rather than just saying, "here is the problem, make it stop," casually address the problem.

Give some positive affirmation, and then explain why you have a problem with whatever it is they are doing that is disruptive. For instance, if your roommate is loud at night while you can't sleep, you can say something polite like the following, "I prefer quiet while I sleep. Could you please put your headphones on while you listen to music, or turn down the volume on your TV?" Something like this would

not be critical of your roommate, but some people do not handle any type of confrontation well.

Part of living with someone is working on each others' issues, even if either of you are not consciously aware of it. That being said, don't talk about the roommate behind his or her back. If you have an issue, go to them. Gossip is easy, but it doesn't fix the problem.

This isn't to say you can't discuss your feelings with others for their advice. But just be cautious that you aren't just venting. Lastly, sometimes you just won't get along with people. No one holds universal popularity, and some people are fine outside of a home but are a disaster inside.

If your roommate is not sensitive to your concerns, you have to make the best of the situation, or you will spend all your time being miserable. If you develop a relationship with him or her, you can address the issues more easily later. And I can all but guarantee they will at least be more sensitive to your needs.

Above all this advice though, remember this, fellow Gulls: There are qualities you have that may drive your roommates nuts! I suggest asking your roommates if there is anything you're doing that is unbearable for them. Good relationships contain receiving and giving. Remember that you can't always please everyone, so do the best with the current arrangements in front of you. Good luck!

Got a question for Ms. Advice?
Put your anonymous questions
in the large envelope tacked to
The Flyer bulletin board outside
of The Flyer office, GUC 215.

Busy work: the enemy of college students

By Pete Hicks
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While most college-level coursework is designed to keep you busy, not all assignments truly reflect a high altitude of intellectual stimulation. In fact, the coursework in general education courses is like returning to high school in many respects. It's just work designed to fill up your time and give you more grades—hence the term "busywork."

Even though more grades

aren't necessarily a bad thing, such assignments greatly reduce free time.

One of the main purposes of busywork is to increase the amount of exposure that students receive to the subjects they are studying. The repetition of certain topics thus ensures that students fully understand the material.

If that was the only way to help students learn, then the workload would be understandable. However, we spend hundreds of dollars on textbooks for

a reason. Students who feel that they need more practice can study. Conversely, those who are confident in their knowledge should be allowed to enjoy college life without the stresses of an insurmountable workload.

If you're smart enough to pass the exams without additional work in and out of class, then such busywork shouldn't be factored into grades. If you can't pass the test based on lectures alone, then it is up to you to read and learn more—whether it's with textbook or online material.

Neglecting to do so only makes the outcome your own fault. All students shouldn't have to do more just to help the other students along.

College assignments basically need to facilitate the learning process without being too time consuming. Real work should make you think. Real work isn't something that you just do to kill time.

This is a call to all students here at Salisbury University. Make work mean something. Make sure that what you're doing has use

for the future beyond just passing a test. Don't just cram information; create understanding. Don't be satisfied with just knowing facts that have no significance when you try and stick them together. Make yourself useful by applying what you learn.

It may seem difficult to find use in general education classes, but talk to your professors about how things can relate to your major. Find out if maybe you can do something more beneficial to your learning rather than completing busywork assignments.

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Where did the time go?

By Jalissa Worthy
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At the end of every August, incoming freshmen rush to campus with anticipation of independence. The next four years of life will be spent in classes, parties, powder puff and other sports games, and evenings in the library. Four years seems like a great distance away for freshmen, but for seniors it seems like yesterday.

Have you ever wondered why it feels as though the older you get, the faster time seems to fly by? Even before coming to college, the school years felt so long. While summers still have never been quite long enough, they always seemed to go by slowly. Each semester appears to pass more quickly than the previous once you reach college-level status, though. Before you know it, fall of freshman year has turned into spring of senior year. Where did all the time go?

Ultimately it has nothing to do with age, and father time has not skipped any days on your personal clock. There are still seven days a week, and twenty-four hours in the day. So why does one month feel like a week? The answer to the disappearing act of time lies solely in the increase of responsibility!

Think about the average schedule of a first-

year college student. It primarily consists of hanging out with friends with at least two naps per day. The closer a student is to graduation, the more priorities and things they have to do, with seemingly not enough time. The daily load went from classes and maybe a few hours at an on-campus job to 16 credits, an internship, on-or off-campus part-time work, combined with graduate school applications, and on-campus activities.

Everything just hits you all at once. You do your best to fit all this in while still attempting to make time for friends as a means of maintaining sanity. And then of course, there's daily and weekly homework assignments, eating, and the ever so familiar four hours of sleep per night. In a nutshell, you're doing everything you can to keep this thing flying almost on auto pilot. You go to sleep, wake up, do everything all over again the next day. Before you know it, the end of the semester has arrived.

On the whole, once students realize how much more responsibility they take on as they become older, the better they'll understand why 24 hours goes by so fast. This ultimately allows students to have a deeper sense of time gained when they progress through their college experience. Students begin to realize how short life really is, so making the most of each and every second becomes a largely important priority.

Recent discovery calls into
question laws of thermal expansion

By Mike Gibb
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Up until recently, the scientific community has unanimously held the disposition that water is the only entity capable of expanding upon freezing. However, new emerging data from The Central Bureau of Statistics relative to Israel seem to disagree. It seems as though the Central Bureau's findings indicate that the state of Israel is also capable of this feat.

In late November of 2009, Israel committed to a 10-month settlement freeze for the communities in the West Bank. Before the freeze was implemented, the data from The Central Bureau of Statistics regarding Israel indicated that there were a total of 2,955 housing units actively being built.

By the end of March 2010,

the number of active housing units being built on these settlements still stood at 2,517. This accounted for roughly two-fifths of the way through the freeze. Ultimately, the Israeli settlement freeze only created a practical slowdown that equated to approximately 16 percent of all construction. This settlement moratorium expired on Sept. 26.

The US-sponsored peace talks between Prime Minister Netanyahu and President Abbas have come to an abrupt halt after not even a month over the issue of settlements. Since the beginning of their meetings, Abbas threatened to withdraw in the case that the settlement freeze could not be extended.

In spite of US pleas to extend the moratorium by a few months, Netanyahu rejected the offer. Despite his promise to withdraw from the discussions, Abbas has not yet decided to

abandon hope—in the case that an extension was non-existent. Instead, Abbas has turned to the Arab League, which has offered the US one month to break the deadlock created by the issue. They have also unanimously defended the decision by Abbas to withdraw from the talks if the expansion continues.

Since the settlement freeze only barred brand new expansion of the 10-month moratorium settlement, the situation could only be considered a delay at best. President Abbas has therefore not yet turned his back on the discussions, hoping for the potential of a legitimate peace, and a justifiable freeze.

If we are to expect the peace process to continue, we must acknowledge it terms of procedure rather than surrender. Bibi, I ask you to leave the concept of simultaneous freezing and expanding to water, and to embrace peace.

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Matt Goldman photo

During her visit to SU on Oct. 4, Magdalen Hsu Li performs music for the audience in the Wicomico Room. She also spoke about her life experiences and learning to love who she is.

“Smashing the Ceiling” a smash hit on campus

By Jalissa Wortly
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Musician, artist and cultural activist Magdalen Hsu-Li graced the SU campus as she spoke and performed original music from her latest album “Smashing the Ceiling” on Oct. 4. Her message of self-awareness and social acceptance flowed through the auditorium elegantly through her words and songs written to mirror her personal journey.

Hsu-Li, a bisexual Asian American struggling with Tourette syndrome, has faced much adversity, learning to love herself, and to challenge other people to do the same. For years Magdalen remained secretive about her sexuality because she was afraid she may not be accepted by her family, and friends. Through her music and fans she found freedom, and confidence to come out.

“It was my fans who forced me out... when I was trying to hide her understood,” Hsu-Li said. Her music has a strong connection to her soul making her life an open book.

“The hardest thing for me was

learning to be myself,” Hsu-Li said. She shared that she always felt she was bringing the “wind” to her family, with her unending revelations about herself that caused trouble, and stress, first starting with learning of her disability, and then later with her sexuality.

Performing her song “That Ain’t Me,” Hsu-Li sang, “you can try to break me, shake me, make me conform, your idea of what a girl should be, that ain’t me.”

Her audience was captivated by the beauty of her voice, piano and guitar skills, as well as the piercing lyrics of her songs.

Dr. Bryan Horikami, advisor of the Asian and Pacific Islander Club, said he was captivated by Hsu-Li’s ability to lyrically express her experiences.

“Magdalen did a fantastic job in weaving her experiences as a bisexual Asian American in her musical selections. Her words were very meaningful and tied into the emotions and spirit of each piece.”

Beyond her love for music, Hsu-Li said she hopes her

artistry will encourage her audience.

“Whenever I write a song, I

think how I can raise awareness, show people the other side of the fence, whatever that may be,” she said.

Director of Multicultural Student Services Vaughn White helped to coordinate the evening’s program and was very pleased with the outcome of Hsu-Li’s presence.

“Magdalen Hsu-Li brought diverse communities together, by raising the awareness on campus about diversity, multiculturalism, LGBTQ, women’s, Asian Pacific Islander and disability topics.

It provided an opportunity for students to refocus in light of the vigil for Tyler Clementi that preceded the concert.

The Asian Pacific Islander Club and Multicultural Student Services’ Powerful Connections program planned this event.

The end result was a campus community joined together around the current multicultural issues of the day. I felt that it helped our students support each other during a time of great sadness,” White said.

Magdalen Hsu Li’s performance served as a reminder for people to love and accept themselves and each other.

Salisbury Roller girls bring spotlight to roller derby

By Erin Traylor
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It wasn’t until March of this year that Crown Skating Center in Fruitland began holding practices for a roller derby team. For those unfamiliar with the term, roller derby is a sport in which two teams of five roller skate around an oval track and score points by lapping opponents.

The president and founder of the Salisbury Roller girls, Eva Paxton — a.k.a. Buster Skull — said the team now practices three days a week.

“They have come a long way,” remarked the owner of Crown Skating Center, Richard Slater. When the players first began practicing, he said, some could barely stand up in their skates.

Since forming, the team has only scrimmaged against themselves, but they look forward to competing against others for the first time in March.

According to Emily Spies, who recently became part of the Salisbury Roller girls, more tryouts will be held in November.

One SU sophomore, Kate Fingles, said she cannot wait to be there.

“I think it’s empowering that women are showcasing their strengths,” she said. “It portrays women as strong figures, not helpless little creatures who can’t do anything for themselves.”

Even some SU men agree.

“Roller skating is awesome,” said SU freshman Jesse Silliman. “I think more people should. Roller skates are totally

retro.”

Silliman’s friend, Daniel Green, also believes that roller Derby deserves more attention.

“I’ve watched roller derbies online just because they’re interesting,” he said. “In my opinion, roller derby girls always seem so hardcore,” Green said.

Games, called “bouts,” can range from 90 minutes to two hours. The bouts themselves are comprised of multiple two-minute jam sessions, similar to “plays” in football, said Paxton.

The five players in the rink include one pivot, four blockers and one jammer. The pivot skates in front of the pack to keep the pace, while the four blockers skate behind, ready to bump any opposition out of the way of the upcoming jammer. The jammer’s job is to score points by racing through the pack, earning one point for each opposing blocker passed.

Though the stereotype associated with Roller Derby suggest that it’s a violent sport, the moves are considered safe and strategic.

“They don’t clothesline each other and punch each other in the face,” said prospective member of the Roller girls, Shecki Ardis, though the 2009 film “Whip It” says otherwise.

Roller girl Jessi Demartin said the moves in Whip It are more for show, whereas true derby girls are not allowed to hit with their elbows or hands.

“There’s a stereotype of tattoos and butch girls,” she added. “But that’s not true.”



Adrienne Price photo

Members of the Salisbury Roller girls practice with their teammates at Crown Skating Center on Thursday, Oct. 7.

From the Photo Bank: What’s Happening On Campus



Matt Goldman photo

Students remember Tyler Clementi, the Rutgers student who committed suicide, during a candlelight vigil on SU’s campus Oct. 4.



Pat Hackley photo

Chester River Runoff plays at the Good Beer Festival held in Pemberton Historical Park on Oct. 10.



Adrienne Price photo

Members of the Outdoor Club stripped down to fundraise for their organization with a jog around campus. This year’s fall Undie Run took place Oct. 7.



Dan Anderson photo

Sarah Lake, city reporter at The Daily Times, speaks to public relations students on Oct. 6.



Matt Goldman photo

During “Smashing the Ceiling” in the Wicomico Room on Oct. 4, Magdalen Hsu-Li shares her music with the audience.

SU-TV broadcasts entertainment to campus Channel 7.6 hosts “The Dating Game” and “Next Question”

By Kristina Jackereas
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What makes a TV station worth watching? It has to be interesting, and most prominently, entertaining. Fortunately, SU-TV is steadily heading for both. The crew consists of president Bethany McBee, vice president Megan McNew, production manager Robert Wilkin-

son, public relations director Beth McCullar, and sports director Steven Jenkins. The station currently has two shows, “The Dating Game,” which includes three potential dating candidates and a host, and “Next Question,” which is a sports show.

“We have so much to offer to the students here at Salisbury,” McCullar said. “We can post YouTube videos if students have

them, we are currently working on making a news show, and students can even share their ideas and perhaps even see them aired.”

After disappearing from the spotlight in 2003, SU-TV was restored again in 2008 by former president Eric Ware, and former vice president Matt Solomon.

“It was hard to get the station back,” Wilkinson explained. “It takes creativity and a lot of people to run a TV station, and thankfully we’re getting it going now.”

Although the station, which is channel 7.6 on campus only, doesn’t consist of much yet, SU-TV managers have several goals lined up.

Jenkins plans to cover more sports events.

“We want to have camera crews at live sporting events to spark the students’ interests,” he said. “By recording these games, we are hoping to make the sports here even bigger, and replay the games on the TV station as much as possible.”

The station also plans on showing comical videos of the squirrels on campus, as well as other video clips and shows. Eventually, SU-TV would like to go public, rather than remain only as a campus TV station.

“We want people to know we exist, both on and off campus,” McCullar said. “We have had



Adrienne Price photo

Students participating in SU-TV’s “The Dating Game” get instructions from Sports Director Steven Jenkins.

Simmons uses experience to enhance CMAT classes

By Vanessa Junkin
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Dr. Haven Simmons said he originally thought he’d always be a sports writer. After working at a variety of media-related jobs, through the Communication Arts faculty member has a different outlook.

In addition to the journalism and public relations courses he teaches at SU, Simmons spends part of his summers helping people learn to overcome crises for the Federal Emergency Management Agency at the National Emergency Training Center, which is located in Emmitsburg. He also teaches a couple of these classes during the school year for professional development.

The four-day courses, he said, are for emergency responders from different levels of government and from agencies like the Red Cross. Students in these courses can deal with crises relating to natural disasters, hazardous materials, public health and terrorism.

And, more than one crisis can hypothetically occur in the same week, Simmons said.

After the responders deal with the simulated crises, Simmons and the others who teach for FEMA share feedback.

“We want them to take home important lessons from the exercise,” he said.

Before Simmons was a teacher for FEMA, he attended a hurricane course as a student — when he was the spokesperson for Bradenton, Fla.

“They were impressed with my performance as a student,” he said, “and within three months, I

was teaching at the federal level.”

He began working for FEMA in 1997, the same year he came to SU.

He also has experience teaching at the National Emergency Response and Rescue Training Center at Texas A & M University. This past summer, he said, he taught about emergency preparedness and response to a group of Washington, D.C. universities.

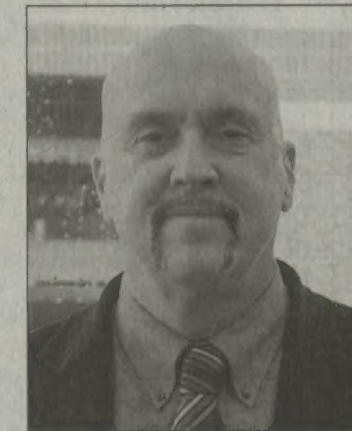
About a year ago, he also became part of SU’s Emergency Preparedness Committee, which deals with crises that could impact the University.

His experience extends beyond this specific field, though. “Even when I teach federally, I’m probably one of the few media instructors who’s worked in three of the areas... To work as a [Public Information Officer], and a newspaper reporter, and a TV reporter and anchor is a uniquely diverse experience,” he said.

Simmons said at SU, he has three favorite courses to teach: PR Cases and Strategies, Media and Criminal Justice and Sports Communication.

He created each of those courses, he said, and the PR Cases and Strategies course — in which students represent businesses and government organizations, and think of solutions for the crises that occur — is similar to the setup of the federal courses, with a longer time frame to decide how to tackle the crisis.

“I think that’s maybe the single most enjoyable thing about teaching here, is what I see the kids come up with in that PR Cases class,” he said. “Their output is terrific.”



Dr. Haven Simmons

Students have noted Simmons’ output, as well, he won the SCA Outstanding Faculty Award in 2003 and said that is the “pinnacle of [his] teaching career.”

He describes himself as having a “take-charge personality,” but expressed the importance of class participation. He also said his experience gives him more of a chance to be spontaneous during class.

While senior Elena Sten called his sense “impossible,” she said she doesn’t know where she would be without Simmons.

She is currently in his Public Affairs Reporting and Sports Communication classes, and took PR Cases with him last semester.

Sten discussed how Simmons is able to combine his personal experiences with the textbook information.

“I feel like it’s a necessity in the program,” she said of taking a course with Simmons. “You just gain so much from the classes.”

Department Chair Dr. Darrell Newton said Simmons is enthusiastic about students while encouraging responsibility and preparation for the future.

He said students see Simmons as “firm but fair.”

He described Simmons as “one of the best and brightest in our department.”

Food for Fines feeds locals in need

Initiative at Blackwell Library runs until Oct. 31

By Erin Traylor
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SU students can save money and feed the hungry by participating in Blackwell Library’s Food for Fines drive, which runs until Sunday, Oct. 31.

The drive invites library users to bring canned or otherwise non-perishable food items to the circulation desk, in exchange for reduced fines.

Sophomore Kendall Murphy said this opportunity must be taken advantage of.

“We already have to pay for parking permits and textbooks: library fines are just another nuisance,” she said.

Each food item waives \$2 off the fine, said Moushumi Chakraborty, director of Public Services at Blackwell. Donations will eliminate a maximum of \$20 in fines, but are not limited to fine amounts.

Chakraborty said the donations this year will go to Hope and Life Outreach Ministries in Salisbury.

HALO is a non-profit organization “that provides programs and services for the homeless, hungry and hurting people in the community,” according to their website.

HALO’s mission is to “Love ‘Em Like Jesus,” though help is given to those of all faiths, said Executive Director of HALO Celeste Savage.

Last November, Food for Fines raised over 90 cans of food, and according to Savage, another 90 cans, this season, could feed approximately

100 people.

“The food that will be coming in will be used in our HALO café, which is a facility that feeds the homeless 365 days out of the year,” she said. “And we have fed over 15,000 meals since January 2nd.”

One good meal can boost morale immediately.

Savage said dinner guests at HALO Café were in awe, Thursday, Oct. 7, when they were served steak and baked potatoes.

“People walked out taller... because of that meal,” she said. The homeless men, women and children, she said, knew that they were worth something.

Participating in Food for Fines will make a difference in someone’s life, perhaps even a classmate.

According to Savage, there are 1,250 homeless children living in Wicomico county, as well as 457 homeless men and women.

40-year old SU freshman and HALO volunteer, Karen, used to be one of them.

“I was homeless... in 2006 to 2007,” she said. “I really lived in the woods, in a tent.”

The day she was introduced to HALO, Karen said, was the day a volunteer took her to Oakridge Baptist Church in Salisbury, where she was fed and sheltered for a week.

“I got sober, I got housing, I went to Wor-Wic and transferred over to Salisbury University,” she said. “And now I’m going after my bachelor’s degree in social work.”

Phi Eta Sigma extends involvement past freshman year induction

Freshman honor society will work to be well-known on campus, in community

By Sarah Krauss
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Getting initiated into Phi Eta Sigma is a monumental occasion for Salisbury University freshmen. Studying for endless hours and earning a 3.5 GPA are reward enough, but getting invited into the oldest and largest freshman honor society makes the hard work pay off.

SU junior Samantha Zerhusen “felt proud to be a part of something that encourages academic success” when she was invited into Phi Eta Sigma her freshman year at Salisbury.

The Phi Eta Sigma honor society has big plans this year to make a name for the group around the campus and local community.

President Samantha Taraila, a sophomore, has an ongoing goal for Phi Eta Sigma to be a “freshman honor society that helps freshmen by adjusting to the new environment of dorm life, helping with academics and social issues they may face.”

Phi Eta Sigma treasurer Laura Ack-

erson hopes to raise awareness of the honor society’s presence by “plastering the freshman dorms [with information] within the week to let them know who we are and what we are all about, so freshmen, keep an eye out!”

Along with giving freshmen a goal to work towards early in the year, Phi Eta Sigma is hoping to get current members more involved. Through charity events and fundraising, current members will have many opportunities to actively participate in Phi Eta Sigma, long after their initiation.

Some potential activities include mentoring and tutoring, acting as peer leaders at seminars, and getting involved in new student orientations.

Zerhusen feels that it would be “beneficial if the process was extended to create relationships with other students and faculty members that have the same appreciation for academic standards.”

Recently, Taraila and Ackerson traveled to Knoxville, Tenn. to participate in Phi Eta Sigma’s 40th National Convention and Leader

Workshop. There, the pair studied public relations and time management skills. Taraila said the conference “improved my leadership skills and gave me organizational ideas from what has worked for other chapters in the past. It was motivational.”

“It was very educational as we got to see how to enhance our future events and how to effectively get the word out about Phi Eta Sigma. We met tons of people and I hope someday other potential Phi Eta Sigma members will be able to experience the same thing,” Ackerson said.

Taraila and Ackerson along with vice president Amy Hudson, historian Rachel Ensor and secretary Mitsuko Towns are working hard to promote the honor society of Phi Eta Sigma. Taraila hopes that at the end of this academic year “the honor society [will be] creating a powerful, interactive experience for Phi Eta Sigma members on our campus and community events.”

Dr. Bob Barber and Dr. Diane



Adrienne Price photo

Phi Eta Sigma officers — Rachel Ensor, Mitsuko Towns, Samantha Taraila, Amy Hudson and Laura Ackerson — gather for a photo.

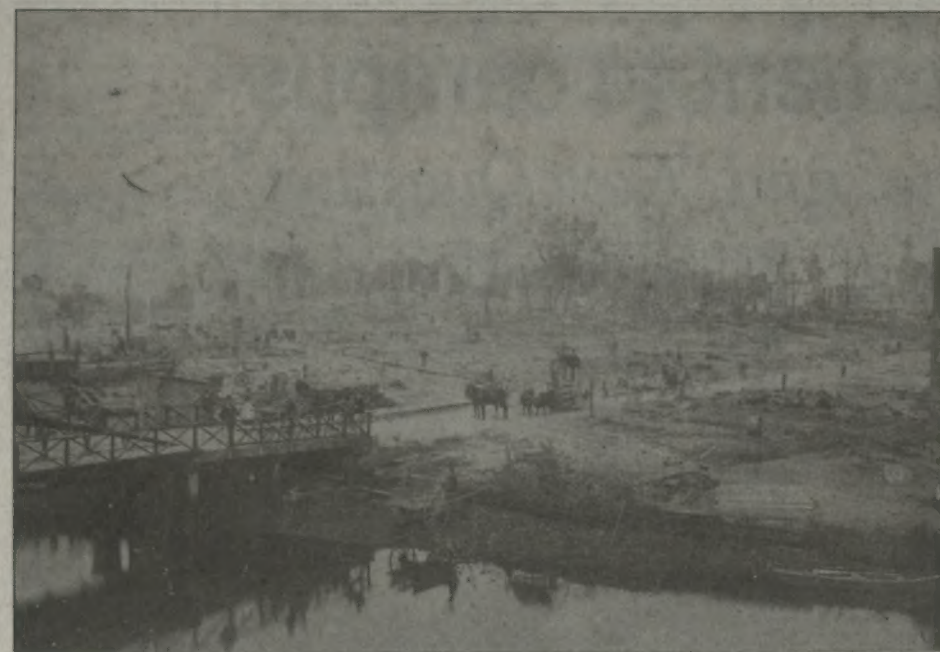
Davis are the group’s co-advisors, and Priscilla Davis is the program coordinator.

Barber said he wants students to get to know what Phi Eta Sigma is and then strive to be a part of the group.

He said he is looking forward to

the officers’ goal of having Phi Eta Sigma — which he noted is actually made up of upperclassmen who were inducted as freshmen — to become more involved in assisting current freshmen.

“I’m excited about the enthusiasm of the officers,” Barber said.



Submitted photo

The center of Salisbury is shown after the disastrous 1886 fire. Locals can learn more about the fire Wednesday to Friday, Oct. 13 through 15, at the Firefest exhibit.

City of Salisbury gets fired up for exhibit

By Rachael Stone
Gull Life Editor
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The Edward H. Nabb Research Center for Delmarva History and Culture will participate in the three-day exhibit titled "Firefest: The Salisbury Fire of 1886."

Organized by Urban Salisbury, Inc., and curated by the Nabb Research Center, Firefest will highlight the history of the biggest fire in Salisbury which took place more than a century ago.

Located in the City Center building on the Downtown Plaza of Salisbury, the exhibit will be open with four presentations on the faces of the great fire on Wednesday, Oct. 13 from 5 to 8 p.m. and will continue with additional viewing on Thursday, Oct. 14 and Friday, Oct. 15 from 9 a.m. to 8 p.m. The exhibit will feature details of the fire and original historic photographs of areas burned.

The Great Fire of 1886 occurred on Oct. 17, 1886 at 7 p.m. and burned all through the night. The townspeople of Salisbury heard the loud town church bells ring, thinking that they were merely signaling them to head off to their church services with their families. What they did not realize was that although it was a Sunday, the bells were signaling something else: a fire.

Salisbury had experienced fires before, but not like this one.

"Salisbury has had a history of fires, including one in August 1860 which destroyed

much of the downtown area," said Dr. G. Ray Thompson, Nabb Research Director. "After that, the town was rebuilt in wood, which was a bad idea because this only meant that more fires could occur."

The largest disaster in Salisbury history originally started in Toadvine's Livery Stable on Dock street—now known as Market Street—and spread rapidly throughout the town. Twenty-two acres of land were burned, and about 55 stores and 58 homes were demolished.

Although the Salisbury Fire Department acted immediately, the then fairly new L.P. Almond engine failed to extinguish the fire. It was up to the few firefighters from Crisfield, Pocomoke City and Wilmington, Del. along with neighboring cities to save the town.

"Fortunately the firefighters were able to preserve the courthouse," Thompson said. The fire was controlled and put out 17 hours after it began. Not only did this fire represent the most notable disaster in Salisbury, it marked a change for the downtown area.

Fire codes were established. Firefighters became more efficient and organized, and engineers were assigned to check and evaluate the maintenance of the fire equipment.

"This fire is very important to Salisbury," Dr. Thompson said. "It marked a transition of a rural village into a modern city."

This story has been updated from a story that ran in the Oct. 13, 2009 issue of The Flyer.



Objectivity: The key to long-term fitness success

By Eric Buratty
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An overlooked factor to achieving long-run fitness success goes beyond your workouts in the gym and even your daily nutrition. Your success starts with your ability to remain objective. This is because remaining objective involves important application outside of general fitness concepts. So before your next meal or workout, I want to encourage you to take a step back and check out the following ideas.

Realize that no one knows it all

While there are some very smart people in the fitness industry, they all have one thing in common. No one knows it all. This pretty much applies to every other field in the real world, too, because there's always more to learn.

That said, I believe this point becomes very applicable to living a healthy lifestyle.

More specifically, we all know that it's important to eat right and consistently stay active. Whether we actually incorporate those aspects into our lives is up to us.

However, I'm sure you've noticed that what it actually means to eat healthy and what defines a good workout varies so much for people. For example, a food that you consider to be healthy may not be to someone else. Similarly, what are considered the best exercises are not the same for everyone.

Everyone starts somewhere

Regardless of your level of experience at the gym, it's always comforting to realize that everyone had to start somewhere. The small steps often count the most in generating long run results. That's why you need to make the most of every workout. Execute every rep as if it were your last, or just going beyond your normal cardiovascular capacity during a run.

So, the most important thing is to know what works for you. Basically, pay attention to what your body responds best to. This will obviously become easier over time, but that's what's so cool about being at a different fitness level than others around you. We're not that different from each other. What you do inside and outside of the gym needs to be relative to you and your goals, but you can always find out where others started to help fuel your own determination.

Avoid getting too caught up in health trends

I've noticed that when the general public falls victim to health trends, they ultimately become confused. These health trends invariably come in the form of mainstream media news on television or on the internet. Otherwise, the scholarly look to abstracts for missing links in a certain nutritional aspect or exercise method.

"Recent research suggests..." is definitely one of the most annoying statements if the following idea relates to a fitness trend. Ever notice that the claims presented from the

research are almost always never even cited or made obvious anyway?

Keep in mind that one study may show an outcome completely opposite of another. So I encourage you to only acknowledge both sides of health trends. The moment you change up what works for you is when you let confusion influence your confidence in achieving your fitness goals.

In sum, the main purpose of this article is to help remind you of how remaining objective allows you to be a humble individual overall. No matter how much you think you know, there's always someone out there that's more intellectually resourceful. So before getting too caught up in any media trends, learn from others around you to help you stay on track and take those small steps in life needed to achieve your goals—whether fitness-related or not.

With these ideas in mind, I want to challenge you. Find one person inside or outside of class every day, and learn about their passion. I challenge you to share what you learned to at least one other peer every day. Remember, long-run fitness starts with a humble and objective outlook on life.

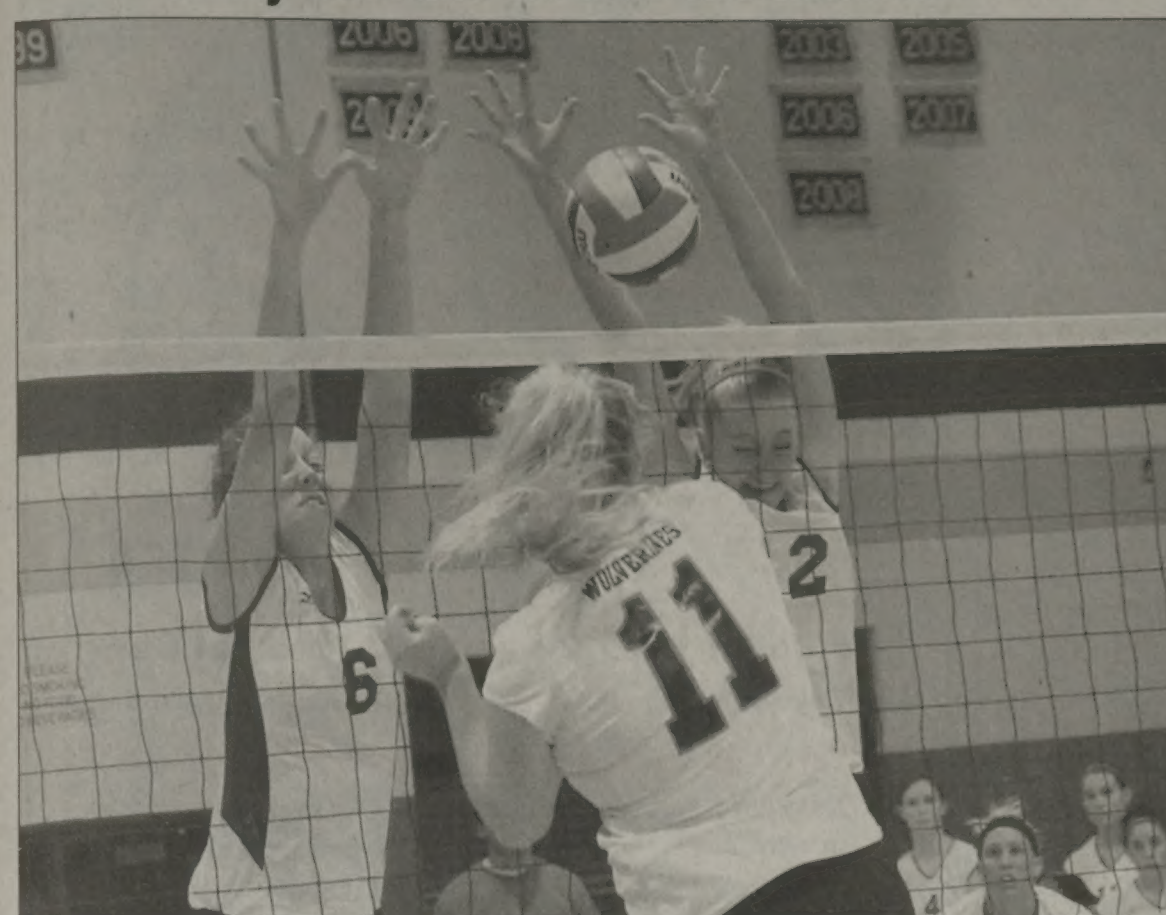
I'm a certified trainer. So if you have any questions about training or nutrition, feel free to email me at eb55419@gulls.salisbury.edu. For those who are more serious, specify that in your email, and I will be more than happy to consult with you. You may also visit www.unleashyourfitnesspotential.com if you missed a previous article in the paper.

SPORTS

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October 12, 2010

Volleyball falls at CNU Invitational



Dan Anderson photo

Sophomore teammates Carley Todd and Chelsea Glowacki both attempt to block the ball against their University of Wisconsin-Oshkosh opponent. The Sea Gulls dropped five-set matches in the Christopher Newport Invitational. Participating schools were SU, UW-Oshkosh, and Christopher Newport.

Women's Soccer plays in thrilling heartbreaker

By Aaron Bruce
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For the women's soccer team (5-8, 3-2 CAC), a heart-breaking loss was the end result of a thrilling soccer contest between the Salisbury Sea Gulls and the Stevenson Mustangs on Oct. 9. The overtime play warranted one goal for Stevenson, which was enough to pull off the win against Salisbury.

The game featured heavy defensive play as neither team could muster any points for both halves. The Sea Gulls have struggled to maintain or sustain wins this year, as they fall now to 5-8 on the season. The game seemed to be in favor of the Sea Gulls, as they led the first half in shots as well as corner kicks.

The Sea Gulls spaced well, attacked the ball consistently, and played excellent team defense throughout both halves of this game. However, Salisbury was still unable to sustain any goals in the first half, making the wall that much harder to climb in the second half.

In the second half, the Sea Gulls came out ready to play. They once again outshot the Stevenson Mustangs, and they created good spacing on the field through their passing.

The Mustangs, who are 8-5 this year, were probably not expecting this sort of contest. Salisbury also defensively turned up a gear in the second half, as they held the Mustangs to two shots on goal to their eight. Despite, good regulation play, however, Stevenson made strides in overtime.

Just two minutes into the first overtime period, there was finally a goal, as Stevenson midfielder Allison Humphries launched a shot from 30 yards out. The shot was on-target and unfortunately there was



Matt Goldman photo

Junior forward Amanda Zyzak advances down the field against Stevenson University on Oct. 9.

nothing goalkeeper Melissa Orgera could do, as the shot sailed over her head out of reach.

Though head coach Jim Nestor's team mustered a good amount of shots on goal, the shots at times appeared ineffective. The one bright spot for Salisbury is they only drop to 3-2 in the Capital Athletic Conference. Their CAC record is more impressive than their overall record, but there is still plenty of games left in the 2010 season.

The next game for the Sea Gulls will be against Capital Athletic Conference opponent Wesley College, who will come in ready to play. Salisbury and Wesley have consistently battled in various sports over the years. Thus, this game is no exception, as both teams will be looking for another win in conference.

The game will be Wednesday, Oct. 13 at 4 p.m. at the SU Soccer Complex.

Showalter brings hope for Orioles' next season

By Matthew Miller
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As baseball's best battle it out for a World Series crown, one local team finds themselves in an all too familiar position. The Baltimore Orioles last recently completed their 13th consecutive losing season, losing 96 games and finishing last in their division; however, there is still reason to be optimistic and have hope.

On Aug. 3, Buck Showalter took over the reigns as manager and gave the franchise and its fans back their reason to believe. Under Showalter the Orioles flourished, finishing the season an unprecedented 34-23, including 14-13 against the AL East. Pitching was better, the offense improved, and for the first time in a long time, fans had something to be excited about.

"I really liked the move to bring in Showalter before the season ended so

he could get feel for the team and coaching staff," said sophomore Andrew Cantor. "I'm excited to see the team continue to develop; it will be nice having two competitive teams in Baltimore come next season."

Showalter's presence made an immediate and lasting impression among players, most notably the pitching staff. Young pitchers like Brad Bergesen, Brian Manusz and Jake Arrieta flourished in the final two months of the season, and veteran Jeremy Guthrie had an outstanding second half to finish with a team-high 11 wins. The future of the Orioles will hinge on the successes and failures of this group.

Producing in the second half is far different than producing over an entire season, but as people within the organization can tell you, a change is coming.

"Talking to coaches at the lower levels, they all say things are going in the right direction, everybody has

good things to say about Buck Showalter," said Bret Lasky, the Director of Broadcasting for the Delmarva Shorebirds, the Orioles Class A affiliate.

"Even the guys in our clubhouse, as soon as they hired Buck you saw a new sense of enthusiasm," Lasky said.

Heading into the offseason, the Orioles will look to continue to develop their young talent at both the major and minor league levels as opposed to going out and spending money on high profile free agents, a strategy which has plagued the franchise in the past.

"You got to build from within, you can't buy a championship," said Brandon Berns, Shorebirds Director of Marketing.

Buck Showalter's appointment has brought new life to a franchise in desperate need of saving; and as for the fans, they now have a reason to believe.

Athlete Spotlight

Melissa Stansbury



Melissa Stansbury

By Evan Clifton
Staff Writer
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This week's Athlete Spotlight is dedicated to Melissa Stansbury, a senior volleyball player from Eldersburg. She has been an integral part of Coach Margie Knight's team that has won the last three CAC championships and qualified for the last three NCAA championships. Stansbury recently sat down with The Flyer to answer a few questions.

What is your major and what do you hope to do with it?

"I'm an exercise science major and will be coming back to SU for my Master's in applied health physiology. I'd love to work with kids to help them stay active and get people to lead a healthy lifestyle."

Do you have any unique or unusual talents?

"Well I wouldn't say I'm the 'Ace of Cakes,' but I did pull off quite a decorating feat when I made my brother a going-away Air Force cake."

When did you begin playing volleyball?

"My mom forced me to go to a camp when I was in sixth grade. I actually hated the idea of volleyball then, but once I realized how fun it was, I couldn't get enough of it."

What is like to play for such a successful coach as Margie Knight?

"It has always been an honor to play for Coach Knight. She has a world of knowledge about the sport and I have so much respect for her. She demands the best from each of us every day and I couldn't imagine giving anything less than 100 percent."

Any pre-game or practice rituals of yours or your team's?

"Before every home game, we get pumped up in the locker room. Coach gives a pep talk, we slam lockers, yell, and I always hit the wall above the door on the way out. No rituals for practice. I'm usually running from class, so I'm just lucky if I make it to the gym on time."

What are your personal and team goals for this season?

"Our number one team goal is to win the CAC! A personal goal is to get a yellow card. I've been joking about it all season with my teammates and it's not likely to happen, but who knows... could be fun."

You recently were honored for recording your 1,000th career dig. To what do you attribute your success and how does it feel too recognized for your skill and dedication?

"I was completely surprised to hear that I reached that milestone, but it feels great to see how I've contributed to the team over the past few years. Hands down, I owe this one not only to my coaches and team this year, but to the girls I've played with."

Sports analysis: October brings baseball playoffs

By Patrick Drengwitz
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It is that beautiful month again for baseball fans, and the October Major League Baseball Playoffs promises to be as exciting as ever.

In the American League, the Central Division Champion Minnesota Twins will take on the wild card New York Yankees, and the West Division Champion Texas Rangers will battle the East Division Champion Tampa Bay Devil Rays.

In the National League, the Philadelphia Phillies, two-time defending World Series champions, are taking on the Cincinnati Reds, and the San Francisco Giants will take on the Atlanta Braves.

The Yankees have enough hitting to hide an inconsistent rotation and a bullpen that, for the first time in ten years, does not look unstoppable. Nonetheless, they look poised to crush the Twins and whomever they face in the American League Championship Series will become a tough team to beat in the 2010 World Series.

For the Devil Rays, speedster Carl Crawford is performing exceptionally well in by hitting over

300 with 19 home runs from the leadoff spot and almost 50 steals for the third year in a row. With third-year veteran Evan Longoria, the Rays should go deep in the playoffs, facing the Yankees in the American League pennant.

They have an ace closer in Rafael Soriano and a strong starting pitcher in David Price.

Unfortunately for the Twins, they missed Justin Morneau throughout the entire season because of an injury, but Joe Mauer was still able to carry the team and get them to the playoffs. Despite a strong showing without one of their top stars, they'll lose to the Yankees in no more than four games.

The Reds and Braves are not going anywhere fast. They are playing against the two best pitching teams in the league. With Roy Halladay coming off a no-hitter in the first game against Cincinnati and Prisco's deadly fastball hurler Tim Lincecum striking out twelve Braves in their series opener, it truly proves that 2010 was, and still is, the year of the pitcher.

After 162 games of separating the men from the boys, the playoffs are underway and it is time to see if a three-peat will take place.

SALISBURY SPORTS CALENDAR

Tuesday - 10/12	Wednesday - 10/13	Thursday - 10/14	Friday - 10/15	Saturday - 10/16	Sunday - 10/17	Monday 10/18
	Women's soccer vs. Wesley @ 4 pm			Football vs Huntingdon @ 1 pm Men's soccer vs Mary Washington @ 2 pm Field hockey vs TCNJ @ 6 pm Volleyball vs Cortland St. @ 6 pm	Volleyball vs. Richard Stockton @ 11 a.m. Volleyball vs. Nazareth @ 1 p.m.	

WEEKLY SPECIALS

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Women's Soccer

The women's soccer team (5-7, 3-1 CAC) traveled to Richard Stockton College on Oct. 6 and came home with a 1-0 non-conference victory. The victory marked their second straight shutout.

Salisbury's lone goal was scored by junior forward Amanda Miele in the 33rd minute of the game. This was Miele's first goal of the season. The Gulls had a 13-7 shots advantage. Sophomore goalkeeper Melissa Orgera finished with five saves.

Field Hockey

The top ranked field hockey team (8-2, 4-0 CAC) traveled to No. 14 Rowan University on Oct. 6. This was the third straight game away from their home field. As a result of a Rowan penalty stroke, the Gulls lost the contest 1-0.

With 13 seconds left to play, senior Katy Lamboni had a penalty corner with an attempt

to tie the game. Sophomore Erica Henderson shot high with no time left on the board. Throughout the game, Salisbury fired eight shots on Rowan. Junior goalkeeper Anna Cooke finished with one save.

Men's Soccer

On Oct. 6 the men's soccer team (10-1-3, 4-1 CAC) weathered their first loss of the 2010 season, falling to Stevenson University 2-1.

Senior Mike Napolitano tallied his team-leading sixth goal of the season in the 18th minute giving the Gulls a 1-0 lead. Napolitano received a cross from junior Stafford Chipungu, his sixth assist of the season. Sophomore goalkeeper John Vnenchak saved both of the Mustangs' shots that were fired in the first half.

On Oct. 9 the team faced North Carolina Wesleyan College and ended the game at a 1-1 draw. N.C. Wesleyan was the first team to put the ball in the

back of the net, but Salisbury came back in the second half. Junior forward Ian Wilson received the ball from across the goal and nailed it into the back of the Battling Bishops' net. This is Wilson's third goal of the season.

Volleyball

The volleyball team (13-9, 3-2 CAC) traveled to Christopher Newport University for the CNU Invitational on Oct. 8-9. The Sea Gulls faced top competition playing University of Wisconsin-Oshkosh and Christopher Newport. The Gulls dropped five-set matches.

In the UW-Oshkosh match, sophomore Kelly Vieira had a team-high 13 kills and senior Melissa Stansbury tallied 19 digs.

During the CNU match, sophomore Jenna Shay had 13 kills. Stansbury and freshman Jacki Kaluzny dug 22 balls while Vieira tallied 20.

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Sea Gull athletes take weekly honors

From SUSeaGulls.com

NEWPORT NEWS, Va. - Two Sea Gulls were awarded with ACFC (Atlantic Central Football Conference) Player of the Week honors recently for their superb play in Saturday's 31-7 win over the Apprentice School.

Junior superback Randal Smedley was named the Co-Offensive Player of the Week for his career day in the Sea Gulls' (4-1, 1-0 ACFC) victory. The Frederick, Md. native ran for a career-high 250 yards on 21 carries with four touchdowns. The four touchdowns are also the best of his career and are one shy of the ACFC record, set in 2001, and one shy of the Salisbury University record which has stood since 1986.

Senior defensive-end Riley Fritts was the Defensive Player of the Week for his outstanding performance along the defensive line for the Sea Gulls. The Columbia, Md., native racked up

nine tackles (three solo) in the victory, with half of those being for a loss of 29 yards. He finished with 2.5 sacks in the contest, giving him a team-high 5.5 sacks for the season.

-Posted Oct. 5

YORK, Pa. - The SU cross country teams competed in their third meet of the season last Saturday, hosting the Don Cathcart Invitational at Winterplace Park. The men were led by senior Chris Barnard, who on Tuesday was named Capital Athletic Conference Men's Cross Country Athlete of the Week for his performance over the weekend.

The Sea Gull men's team finished in second place with the help of Barnard's 8K time of 25:21, which was good enough for fifth place overall. He was the top runner among the seven Capital Athletic Conference teams represented at the invitational. This is Barnard's second CAC Athlete of the Week award

this year, and fourth overall. -Posted Oct. 5

YORK, Pa. - The Capital Athletic Conference (CAC) announced its weekly award winners on Monday and Salisbury University sophomore goalkeeper John Vnenchak was named the men's soccer Co-Defensive Player of the Week.

Vnenchak shares the award with York (Pa.) College sophomore goalkeeper Jesse Derksen.

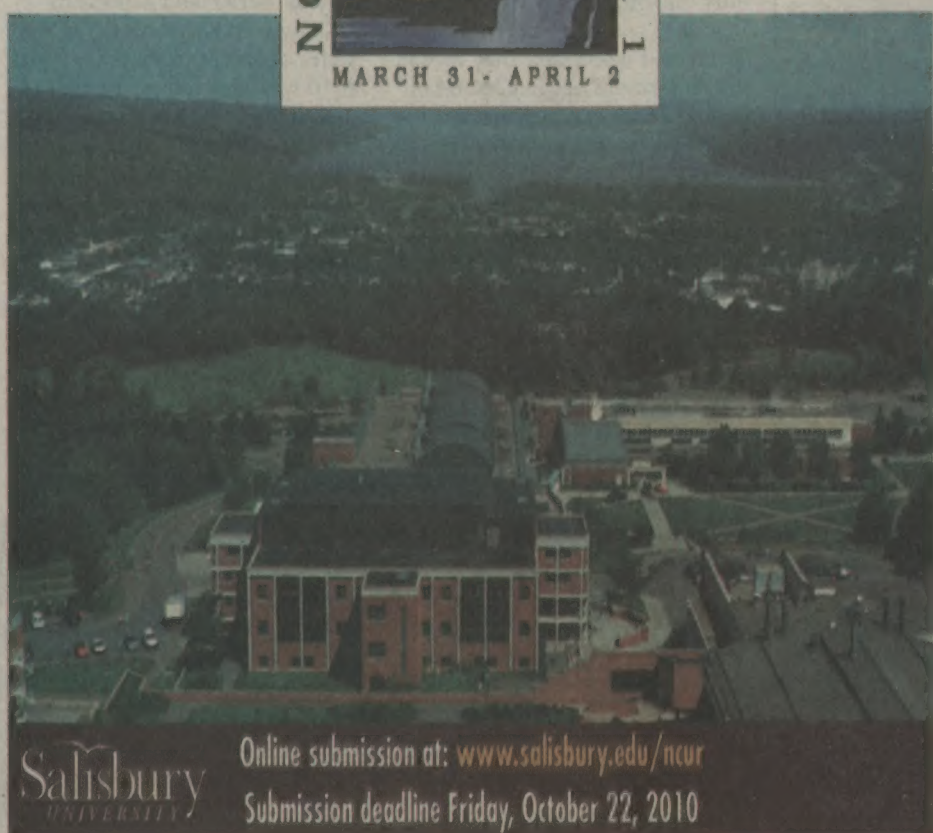
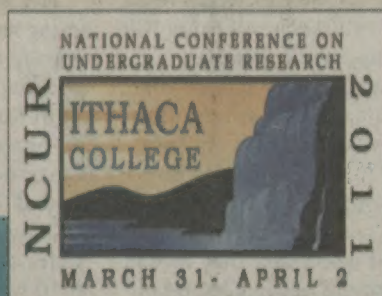
Vnenchak led the No. 17-ranked Sea Gulls (10-0-2, 4-0 CAC) to a pair of shutout victories, including a 1-0 decision over No. 25 Johns Hopkins University. Against the Blue Jays, Vnenchak posted three second half saves to give SU its seventh consecutive shutout performance. The Flanders, N.J., native followed that up with a two-save performance in the 3-0 CAC victory over St. Mary's (Md.) College on Saturday.

-Posted Oct. 4

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